

Hawai'i Coalition for Dads

# Hawai'i Dads (Makuakāne)

Vol. 4, No. 3 • 2007

***Come march in Honolulu—October 11, 2007***

## **13<sup>th</sup> Annual Men's March Against Violence**

October is Domestic Violence Awareness Month. The 13<sup>th</sup> Annual Men's March Against Violence and Rally is set for Thursday, October 11, 2007 in Honolulu.

The theme for this year is *Dispelling The Myths of Domestic Violence*. The March and Rally seek to educate the public that domestic violence is the entire community's concern; that domestic violence is not just physical abuse; that domestic violence happens in families of all cultures, incomes, and educational levels; and that we can and will make a difference.

The March will begin at **NOON at the Father Damien statue** (in front of the Capitol) and end with a Rally at the **Queen Liliuokalani statue** (between the Capitol Rotunda and Iolani Palace).

For more information, call the Men's March Against Violence coordinator Joe Bloom at 535-0159.

~HI Dads~

***Coaching Boys into Men materials***

## **There is no place for violence in a relationship**

Boys are swamped with influences outside of the home – from friends, the neighborhood, television, the internet, music, the movies... everything they see around them. They hear all kinds of messages about what it means to “be a man” – that they have to be tough and in control. There are numerous conflicting and some harmful messages being given to boys about what constitutes “being a man” in a relationship.

Men—boys need your guidance on how to behave toward girls. Boys are watching how you and other men relate to women to develop their own ways of relating with girls. So teach boys early—and teach them often—that there is no place for violence in any relationship.

The *Coaching Boys into Men* 2-page brochure outlines tips for talking to all of the boys in your life in ways that will help end violence against women.

This and other useful materials are available from: [www.endabuse.org/cbim/](http://www.endabuse.org/cbim/). ~HI Dads~

***Maui Family Support Services***

## **Da Dee Fatherhood Program on Maui**

The Da Dee (“Daddy”) Fatherhood Program provides free parenting support services for all interested fathers and fathers-to-be on Maui.

Maui Family Support Services (MFSS) recognizes and respects the important role fathers and other male caregivers play in the healthy development of children.

Funding from the Hawai'i Children's Trust Fund and the County of Maui has enabled MFSS to renew and enhance its commitment to providing services to fathers, supporting father-specific needs, and incorporating father's strengths into its services.

For more information on the Da Dee Fatherhood Program contact the Maui Family Support Services at 242-0900 or [www.mfss.org/](http://www.mfss.org/). ~HI Dads~

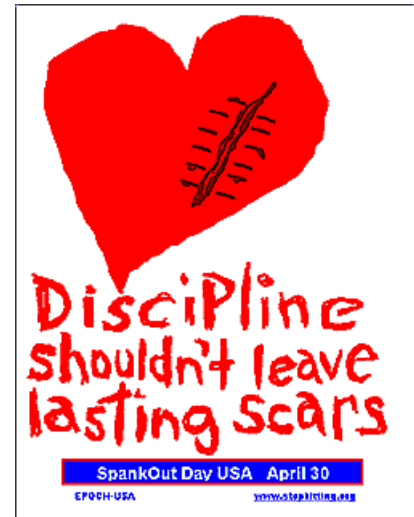
*From the Center for Effective Discipline*

## Ten Reasons for NOT Hitting Children

1. Physical punishment increases the risk of child abuse. It is easy to hit too hard and cause injuries like bruises, broken bones, welts, and nerve damage.
2. Physical punishment erodes trust between a parent and a child.
3. Physical punishment, when administered regularly, is related to a worsening of behavior rather than an improvement in behavior. It increases antisocial behavior such as lying, stealing, cheating, bullying, assaulting siblings or peers, and lack of remorse for wrongdoing.
4. Hitting children transmits a pro-violence attitude. It teaches that it is acceptable to hit persons who are smaller and weaker.
5. Fear is not an effective way of teaching appropriate behavior. Fear may lead children to obey only when the person who hits them is nearby.
6. Children who are frequently hit often grow up with childhood memories of anger and resentment.
7. Children are often hit for behavior which is not "bad" behavior but rather behavior which is related to their needs for attention, nutrition, sleep, and exploring.
8. Hitting a child for misbehavior means the caretaker loses an important opportunity to teach a more appropriate behavior.
9. While hitting a child may stop a misbehavior for the moment, other methods like time out, reasoning, talking, and implementing non-violent consequences work as well or better and do not have the potential for harm that hitting children does.

Better alternatives exist. Children learn best through teaching, discussing, and observing adults who model responsible, caring, and self-disciplined behavior.

Source: Center for Effective Discipline (<http://stophitting.org/>) ~HI Dads~



**Useful phone & web resource for Hawai'i dads, moms, grandparents, uncles...all families**

## The Parent Line

The Parent Line is a free statewide phone line and website for parents and others who care for children. Individuals can call for parenting support, information, and community resources, Monday – Friday 8 a.m. to 6 p.m. and Saturday 9 a.m. to 1 p.m. (Oahu: 526-1222; Neighbor Islands toll free: 1-800-816-1222).

Information from *The Parent Line* is also available online at [www.theparentline.org](http://www.theparentline.org). The main pages for the website include:

1. **Keiki O Hawaii Newsletter for Parents** which provides parents with concise information about their child's growth and development (e.g.: "How I Grow...Talk...Respond...Understand...Feel...How you help me learn, etc."). The child's first three years of life is broken down into 15 stages (e.g. newborn-1 mo., 2-3 mo....12 –13 mo.....16-18 mo...30-36 mo.).
2. **The Teddy Bear Post** a newsletter for parents of preschoolers published 4 times a year.
3. **Keiki O Hawaii Resource Directory** provides parents with the name and phone number of various resources including: emergency services; parent education and family support; information on childcare, preschool and play activities; and much more.
4. Links to other websites. ~HI Dads~

**Early participation in household chores builds successful adults****Do you let your kids help?**

You have a chore to do around the house, and your kids want to help out. You know it might be nice for them to help, but you're feeling a bit impatient. And you know it might turn into a two hour project, with a big mess to clean up. A mess that could be avoided if you did it yourself.

We've all been there, haven't we?

It can be so much easier to do the household chores and projects without the assistance from your little friends. After all, **who's got the time** in today's world to make a project longer than it needs to be?

**You do.** Once in a while, there's some research that unveils something so important and relevant that it screams for parents to hear it. Researcher Marty Rossman, at the University of Minnesota, studied a group of young adults from the time they were young children. The startling results of the study were that the young adults who'd participated in household chores when they were age 3 and 4 were more successful as adults than those who didn't.

Specifically, these young adults were more likely to complete their education, get a good start on a career, develop adult relationships, and avoid the use of drugs. The **early participation in household chores was deemed more important in their success than any other factor,**

**including IQ.**

On the other hand, if children didn't begin participating in household chores until they were teenagers, the experience seemed to backfire, and had a negative effect on their success as young adults, using those same measures. What does this really mean?

When your young kids feel as though their dad (or mom) believes they're capable of handling simple chores around the house, it's an incredibly powerful message to them. **Dad believes I can do it!**

If your kids believe that's how you feel about them as they go through life, you'll also be the parent of confident, responsible, and happy kids. That's what's created when you choose to see your kids as capable, and you show them you believe in them.

But it's not as easy as just seeing them as capable. You also have to show patience when they tackle these chores. You can't take over for them when they struggle, or "correct" what they did. Often, it's what you don't do that communicates you believe in them.

Imagine the difference you can make with your kids by allowing their participation in the family chores. Imagine the difference in your kids esteem when they feel like a productive participant in the family from a young age.

You DO have time to include your kids in chores and projects at home. **Tell every other father and mother you know that they have time, too.** It's too important not to.

Source: Mark Brandenburg ([www.markbrandenburg.com](http://www.markbrandenburg.com)). ~HI Dads~

**Mahalo****Great Aloha Run 2007 brings \$1,500 to HCD**

Mahalo to the Hawaii High School Athletic Association Foundation and Carole Kai Charities for donating \$1,500 from proceeds of the Great Aloha Run 2007 to support HCD's work to promote involved, nurturing, and responsible fatherhood in Hawai'i. ~HI Dads~



**Hawai'i's Kids Need You****Be a Double Duty Dad™!**

There are 24 million children in the United States and Hawai'i today growing up in a home without a father. Even dads who are in the same home as their children sometimes need a little extra help and encouragement on the journey of fatherhood.

If you are a dad whose children are grown, or away from home, chances are you've mastered everything from diapers and first steps to first dates and driving lessons. You might feel as though you've already finished your tour of service.

But you have valuable experience and unique talents to give! Join the National Fatherhood Initiative's Double Duty Dad™ program. By giving as little as *24 hours a year* to helping kids or helping dads, you can get rewards for "doing Double Duty."

**How to Help Kids**

Think about children in your family, ohana, neighborhood, or those you might know from sport teams, church or other community involvement. Think about your child's friends and classmates. These children are in your "circle of influence"—the best and easiest place to be a Double Duty Dad. Make a list of five kids you know that you might be able to help, and you're on your way.

If your list is coming up empty, look for volunteer organizations in your area (such as **Big Brother Big Sisters of Honolulu**—[www.bigshonolulu.org](http://www.bigshonolulu.org); **Boys & Girls Club of Hawaii**—[www.bgch.com](http://www.bgch.com)) and ask how you can help. Or, after you sign up to be a Double Duty Dad their DDD Guide should be able to recommend some volunteer organizations in Hawai'i to you.

**How to Help Dads**

Think about fathers that you know—dads in your family, neighborhood, or those you might know from your children's school, sport teams, church, or other community groups. What about men you work with who are dads? Have any of these men in your "circle of influence" mentioned, in passing, that they are having challenges with their kids? If not, try one of these ideas:

- Volunteer to run a small fatherhood support group in your community
- Start a "working dads" club or lunch group at your workplace
- Contact the Hawai'i Coalition for Dads for local fatherhood resources (808/841-2245; [HawaiiDads@pacthawaii.org](mailto:HawaiiDads@pacthawaii.org)).

To get started, simply sign up at [www.fatherhood.org/doubledutydad/signup.asp](http://www.fatherhood.org/doubledutydad/signup.asp)! And you can buy a Double Duty Dad kit, complete with a Double Duty Dad hat, and a DDD Guide that's filled with helpful tips for working with dads and kids and recommended volunteer organizations. Plus, when you get the kit, you become eligible to receive rewards - Bronze, Silver, and Gold pins - for the hours you log!

Then, it's simple—start being a Double Duty Dad volunteer! Keep track of the time you spend. For logging 12 hours or more—as little as 15 minutes a day—NFI will mail you rewards for your dedication to "doing Double Duty."

Yo Dad, it doesn't take much to make a difference. Help the kids and dads who need you—right now! Sign up to be a Double Duty Dad today! ~HI Dads~



Monthly tips from the Positive Coaching Alliance

## 2 minute drill for parents: you have to ask!

When NFL star Peyton Manning was growing up, his dad, Archie Manning, a former NFL great, used to say, "If you want to learn to be a quarterback, I'll teach you. But you have to ask."

Peyton asked again and again. And because his dad never pressured him to practice or learn more about football, it was fun for him.

When children feel in control of their own development, they are more likely to have full Emotional Tanks. Fill your child's E-Tank by putting them in charge of their own development as athletes [or musicians, dancers, singers, whatever—Ed.].

Let your children know you are willing to give them advice if they ask for it, but they need to ask you. Then...and this is the hard part...don't offer it unless they ask..

Source: [www.positivecoach.org](http://www.positivecoach.org) (adapted from The Double-Goal Coach by Jim Thompson). ~HI Dads~

## Men's Health

Men may be catching up in lifespan—the life-expectancy gap between men and women has shrunk to 5.2 years, the narrowest since 1946—but they still need to pay more attention to their bodies.

Why? Men tend to:

- smoke and drink more than women, and generally lead less healthy lifestyles.
- not seek medical help as often as women.
- join in fearless, risky, and dangerous behaviors more often than women.
- largely define themselves by their work, which can be stressful and lead to being disconnected from their emotional side. This can add to problems in relationships, as well as in jobs and careers.

The good news is that many of the major health risks that men face can be prevented and treated if they are diagnosed early. So it is important to be in tune with your body so that you can raise any concerns with a doctor. You deserve to pay more attention to your health! And you deserve to take better care of yourself physically, mentally, and emotionally.

To start taking better care of your health, talk to your doctor about your risks. Also, learn about the importance of routine medical care and screening tests. The resources offered here ([www.womenshealth.gov](http://www.womenshealth.gov)) are a good place to start—for both men and the women in their lives.

Source: [www.4women.gov/mens/](http://www.4women.gov/mens/) ~HI Dads~

## Support the Hawai'i Coalition for Dads.

*Help promote involved, nurturing, responsible fatherhood in Hawai'i.*

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ \_\_\_\_\_

~ Your donations are tax-deductible. ~

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Please make your check payable to: **Hawai'i Coalition for Dads**

...and send it to: 1485 Linapuni St. #105

Honolulu, Hawai'i 96819

Phone: 841-2245

E-mail: [HawaiiDads@pacthawaii.org](mailto:HawaiiDads@pacthawaii.org)



Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood  
c/o PACT / Hana Like

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**GOALS:**

1. To increase community awareness about fatherhood.
2. To promote the availability and accessibility of quality, father-centered community resources.
3. To advocate for informed public policy regarding fatherhood.
4. To strengthen community collaboration in support of fatherhood.
5. To respect and honor everyone's unique role in children's lives.

The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations (including *Alu Like, eventions, inc., Family Support Services of West Hawai'i, Good Beginnings Alliance, Head Start agencies, Kamehameha Schools, Kathy's Parenting Solutions, Mediation Center of Molokai, PACT Hana Like Home Visitor Program, PARENTS, Navy Fleet & Family Support Center, State Commission on Fatherhood, and The Institute For Family Enrichment*) that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

**Fatherhood & Family Resources**

1. **Hilo:** YWCA of Hawaii Island (Healthy Start) (961-3877; [ywcahawaiiisland.org](http://ywcahawaiiisland.org))
  2. **Kailua-Kona:** Family Support Services of West Hawai'i (326-7778; [fsswh.org](http://fsswh.org))
  3. **Kaua'i:** Nana's Place/Child and Family Service (338-0252; [cfs-hawaii.org](http://cfs-hawaii.org))
  4. **Maui:** Da dee Fatherhood Program—Maui Family Support Services (242-0900; [mfss.org](http://mfss.org));  
Neighborhood Place of Wailuku (986-0700); Maui Economic Opportunity (249-2990; [meo.org](http://meo.org))
  5. **Molokai:** Mediation Center of Molokai (553-3844)
- Oahu (and statewide):**
6. TIFFE (Nurturing Fathers; Playgroups) (596-8433; [tiffe.org](http://tiffe.org))
  7. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; [www.pacthawaii.org](http://www.pacthawaii.org))
  8. Navy Fleet & Family Support Center (Boot Camp For New Dads) (473-4222; [greatlifeohawaii.com](http://greatlifeohawaii.com))
  9. PARENTS (Confident Parenting Classes) (235-0488);
  10. Kathy's Parenting Solutions (352-3303)
  11. The Baby Hui (groups for Dads, and Moms) (735-2484; [thebabyhui.org](http://thebabyhui.org))
  12. The Parent Line (Info & Referral) (526-1222; [www.theparentline.org](http://www.theparentline.org))
  13. AUW – 211 ([auw.org/211](http://auw.org/211))
  14. HPIRC (HI Parental Information & Resource Centers) (841-6177; [hawaiiipirc.org](http://hawaiiipirc.org))
  15. DOE Family Support (PCNC; Families for R.E.A.L.; VISTA) (733-4476; [familysupport.k12.hi.us](http://familysupport.k12.hi.us))
  16. SPIN (Special Parent Information Network) (586-8126; [spinhawaii.org](http://spinhawaii.org))
  17. Big Brothers Big Sisters (support for single dads and moms) (521-3811; [bigshonolulu.org](http://bigshonolulu.org))
  18. Good Beginnings Alliance (Playgroups) (531-5502; [goodbeginnings.org](http://goodbeginnings.org))
  19. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; [tutuandme.org](http://tutuandme.org))
  20. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; [qlcc.org](http://qlcc.org))
  21. ALU LIKE (Hawaiian families) (535-6700; [alulike.org](http://alulike.org))

**Religious resources:** Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** ([mrdad.com](http://mrdad.com))
2. **fathers.com** ([fathers.com](http://fathers.com))
3. **Nurturing Father** ([nurturingfathers.com](http://nurturingfathers.com))
4. **Nat'l Fatherhood Initiative** ([fatherhood.org](http://fatherhood.org))
5. **ParentingTime.net** ([parentingtime.net](http://parentingtime.net))